

## Claims:

I claim:

1. A method of increasing the effectiveness of the human immune system comprising reducing the exposure of a human patient to volatile organic compounds by locating sources of VOCs to which the human patient is being exposed and reducing the VOC exposure by coating the VOC source with a material comprising glass or a glass precursor.
2. The method of claim 1, wherein the source of the VOCs is painted surfaces, and the painted surface is coated with a glass or glass precursor.
3. The method of claim 1, wherein the source of the VOCs is the interior of a food container and the interior of the food container is coated with a glass or glass precursor.
4. The method of claim 1 wherein the source of the VOCs is an intravenous tube, and the interior of the tube is coated with a layer of glass or a glass precursor in an amount sufficient to prevent the passage of VOCs but thin enough to maintain flexibility in said tube.
5. The method of claim 1 wherein the source of the VOCs is a polymeric material, and the polymeric material is contacted with at least one material selected from the group of hydrogen peroxide, ozone, oxygen, nitrogen, and excess air prior to, or subsequent to shaping the polymeric material.
6. The method of claim 1, wherein the source of VOCs is a polymeric material and the polymeric material is pulverized into ultrfine particles passing through at least a 400 mesh screen to remove small molecules and VOCs.
7. The method of claim 1, wherein the source of VOCs is plastic food wrap and the food wrap is coated or mixed with silicon oxide or silicon dioxide.
8. The method of claim 1 wherein the source of VOCs is at least one of the structures consisting of the interior walls, floor and ceiling of an existing room and the source is spray coated with a portable vapor deposition apparatus.
9. The method of claim 1 wherein the source of VOCs is comprised of cotton and the cotton is first wetted with a surfactant, rinsed thoroughly, and sodium hydroxide and the hydrogen peroxide optionally with sodium silicate.
10. The method of claim 9 wherein the cotton is woven into fabric in looms free of VOC contamination.

11. The method of claim 9 wherein the cotton is formed into fabric by hydroentangling using water free of VOCs.
12. A method of restoring health to a patient comprising eliminating from the patient's environment sources of exposure to VOCs.
13. The method of claim 12 wherein the patient is confined to a clean room free of VOCs until his health is restored.
14. The method of claim 13 wherein the clean room is maintained in at least one of a hospital, nursing home, convalescent center, retirement home and residence.
15. A method of preventing chronic disease in a human patient comprising reducing or eliminating the exposure of the patient to VOCs.
16. A paint useful in the method of claim 15 comprising a water or H<sub>2</sub>O<sub>2</sub> as the vehicle, unusual flours or inorganic substances as a filler and a binder.
17. The paint of claim 16 wherein the binder is a cooked flour.
18. The method of claim 15 wherein a patient's clothing is contacted with hydrogen peroxide before the clothing is donned.
19. The method of claim 15 wherein meat is treated with hydrogen peroxide prior to being ingested by a patient.
20. The method of claim 15 wherein water is contacted with hydrogen peroxide prior to being ingested by a patient.
21. The method of claim 15 wherein a mattress is formed of bed springs comprising stainless steel free of oils or VOCs emitting substances, and comprising a cotton batting formed by the process of claim 9.
22. The method of claim 15 wherein asphaltic shingles are covered by vapor deposited glass of a solution of sodium silicate which has been heat treated to form a glass .
23. The method of claim 15 wherein asphaltic shingle forming material is mixed with sodium silicate prior to shaping the shingle.
24. The method of claim 15 wherein asphalt is treated with at least one material selected from the group consisting of hydrogen peroxide, oxygen, ozone, nitrogen and inert gas in an amount sufficient to reduce VOCs emissions and formed into a shingle.

25. The method of claim 15 wherein tar paper is covered with vapor deposited glass or sodium silicate.
26. The method of Claim 15 wherein insulation is blown into place and sodium silicate is contacted with said insulation.
27. The method of claim 15 wherein wallpaper comprising a polymer is coated with vapor deposited silicon dioxide.
28. The method of claim 15 wherein carpet fibers are combined with sodium silicate and treated with at least one material selected from the group comprising hydrogen peroxide, oxygen, ozone and nitrogen in an amount sufficient to remove VOCs.
29. The method of claim 15 wherein a sodium silicate treated paper is placed as an underlayment under a residence.
30. The method of claim 15 wherein a residence is wrapped with a plastic or plastic containing paper, which plastic or paper has been coated with sodium silicate.
31. The method of claim 15 wherein a foamed insulation is sprayed with sodium silicate.